

New Knowledge Adventures  
Presents:

*Hypnosis for Universal  
Pain Management*

Seminar #1:  
Relaxation and  
Ideo-Dynamic Suggestion

# *Course Overview*

What you can expect to learn over  
the next eight weeks

# Course Overview

- Eight 90-Minute Seminars
- Guided exploration of hypnotic skills
- Explanatory models
- You will learn these hypnotic skills
  - Progressive Muscular Relaxation
  - Differential Muscular Relaxation
  - Ideo-Dynamic Responses to Suggestion

# Course Overview (Cont.)

- Appropriating Your Own Space
- Autosuggestion [Waking Suggestion]
- Ideo-Dynamic Communication Methods
- Energy Control and Direction
- Alpha State Induction and Maintenance
- Eye-Relaxation Exercises
- Classical Mesmerism
- Ericksonian Hypnosis – Patterns and Protocols

# Course Overview (Cont.)

- Hypnotic Language Patterns and Protocols
- Hypnotic Induction Patterns and Protocols
- Trance-Depth Variability
- Post-Hypnotic Suggestions
- Pain-Specific Patterns and Protocols
- Utilizing Everyday Trance States
- Transitioning Effortlessly Through the Bardos

# Course Materials

- All course materials are available on our website
- [www.NarrowGateAlliance.org](http://www.NarrowGateAlliance.org)
- Login Information:
  - UserID: hypnosisupm
  - Password: pa1nfr3e

# *Overview of Seminar 1*

The 2 Skill Sets, the 5 Skills,  
and the 2 Explanatory Models  
You Will Learn Today

# Overview of Today's Seminar

- The 2 Skill Sets
  - Skill Set 1: Muscular Relaxation
    - Skill 1: Progressive Muscular Relaxation
    - Skill 2: Differential Muscular Relaxation
  - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
    - Skill 3: Ideo-Dynamic Responses to Suggestion
    - Skill 4: Appropriating Your Own Space
    - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
  - Edmund Jacobson – The Jacobson Effect
  - Emile Coué - Autosuggestion

# Skill Set 1: Muscular Relaxation

Progressive Muscular Relaxation  
and Differential Muscular Relaxation

# Guided Exploration of Skill Set 1

- Very Abbreviated Progressive Muscular Relaxation
  - Contraction/Release of 8 muscle groups in sequence
- Differential Muscular Relaxation
  - Maintenance of muscular relaxation in muscles that are not immediately in use

Q and A

# Skill Set 2: Basic Hypnosis = Relaxation + Suggestion

Experience the Effects of  
Relaxation and Suggestion  
Together

# Guided Exploration of Skill Set 2

- Demonstration: Ideo-Dynamic Responses to Suggestion
  - Relax using VAPMR
  - Listen to suggestions, experience your responses
- Visualization Exercise: Appropriating Your Own Space
  - Relax using VAPMR
  - Follow visualization suggestions

# Guided Exploration of Skill Set 2 (Cont.)

- Autosuggestion [Waking Suggestion]
  - Create a Formatted Suggestion using this format
    - “Every day, in every way, I am [approaching my goal] because I am [performing these activities].”
  - Repeat 30 times OUT LOUD [or internally...😊]
    - First 10 repetitions silence internal dialogue
    - Next 10 repetitions induce light trance state
    - Final 10 repetitions will ‘install’ the new suggestion
- Guided Exploration: Create and Utilize Your Own Formatted Autosuggestion

Q and A

# Explanatory Models

- Edmund Jacobson and the Jacobson Effect
  - Every thought is accompanied by a muscular contraction
  - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
  - Waking suggestion is as powerful as formal hypnosis
  - Autosuggestion is easier than formal hypnosis

Q and A

# Homework

- Practice the 5 skills
  - VAPMR
    - At least twice per day
    - After you are relaxed, then practice:
  - Differential Muscular Relaxation
    - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
  - Ideo-Dynamic Responses
    - Make hands and arms warm/cold/heavy/light

# Homework (Cont.)

- Visualization: Appropriating Space
  - Practice at home
  - Practice at work
  - Practice in new spaces
- Formatted Autosuggestion
  - Create a list of 10 goals
  - Format autosuggestions for all 10 goals
  - Select 1 or 2 to practice for the next week
  - Look in a mirror and repeat autosuggestions OUT LOUD 3 times per day